

GUIDE OF ECO-CITIZEN

„For a healthy environment”



MINISTRY OF ENVIRONMENT AND FORESTS

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About the Guide of Eco-Citizen

The aim of the Guide of Eco-Citizen is to warn, to intensively promote and to make people aware of the great importance of environment protection through presentation of eco-instructions, for every citizen, in a simple format, clear and concise.

***The Guide of Eco-Citizen** takes in a synthesized manner essential elements concerning the necessity of a eco-responsible behaviour, presented in the **Guide of Eco-Civil Servant** and the **Guide of Eco-Tourist**, both realised by Ministry of Environment.*

We need to be aware that we have the opportunity to reduce the potential negative impact of our activities on the environment.

***The Guide of Eco-Citizen** presents eco-instructions which enable us to act in any moment in order to reduce pollution, to avoid resource waste, to protect the environment, to act against climate change and extinction of plants and animals.*

***The Guide Eco-Citizen** is structured in 5 important chapters which include the main daily activities of the citizen, provided with relevant eco-instructions.*

Eco-instructions can be considered apparently meaningless, but can have considerable positive effects through their dissemination within the whole society.

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For us and next generations to benefit of a clean and healthy environment, we need to essentially change our habits and mentalities, regularly following eco-instructions from this guide, as group and individual, being a role model.

Even if eco-instructions may require time and financial investments, most of times significant advantages concerning environment protection, public health and long-term expenditure savings are gained.

For a healthy environment !

**Let's act together to limit the pollution of the
environment**



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ECO-INSTRUCTIONS FOR HOME



I) Reduce consumption and avoid water waste

- 1) I would rather take a short shower instead of bathing in the tub*
- 2) I ensure that there is no leaking at the water tap*
- 3) I set the level of warm/cold water in order to avoid any waste*
- 4) If possible, I drink water from the tap, because the bottled water implies the use PET (package), energy and produces wastes*

II) Reduce consumption and avoid energy waste

- 1) I use ecological bulbs and home equipments with low energy consumption*
- 2) I avoid the unuseful consumption of electricity, heat and gas*
- 3) I thermally rehabilitate my home*
- 4) I use alternative ecological energy sources, if possible*
- 5) I don't use gas cooker/ homemade equipments for heating/ cooling rooms*

ECO-INSTRUCTIONS FOR HOME



III) Reduce and selectively dispose the wastes protecting environment

- 1) I use biodegradable/ environmental friendly detergents and cleaning products***
- 2) I take/ give wastes resulted from home appliances to recycling companies***
- 3) I don't dispose toxic products in the sewage system***
- 4) I selectively dispose the wastes and I contact the sanitation company to remove the debris from building/ other works at home/ building sites***
- 5) I keep the place clean everywhere I go***

IV) I act against the noise pollution

- 1) I keep quiet in the building I live, observing resting hours***
- 2) I keep the noise within acceptable limits during parties***

ECO-INSTRUCTIONS FOR JOB



I) Reduce consumption and avoid water waste

- 1) I inform in due time the administrator when I see a malfunction/ leaking of the pipes system***
- 2) I turn off the tap when I use the soap and I use the warm water only if strictly necessary***

II) Reduce consumption and avoid energy waste

- 1) I make maximum benefit of natural light***
- 2) I place the desk perpendicular on the window, if possible***
- 3) I turn off the light in unused rooms and any computer or equipment which is not use and consume energy***
- 4) I use the heating/ cooling system avoiding setting it up at maximum and I close the door***

III) Reduce consumption and avoid materials waste

- 1) I prefer electronically sent documents, if possible***
- 2) I use the scrap one side printed paper and I store the leftovers in order to get them recycled***

ECO-INSTRUCTIONS FOR SHOPPING



I) I prefer buying ecological products and services/ environmental friendly, obtained with low energy consumption, which can be recycled easily/ with eco-label

II) I prefer as much as possible to buy agricultural and food products obtained from ecological agriculture, eco-labeled/ with ecological certificate or traditional ecological Romanian products

1) Ecological products are safer, more nutritious, without genetically modified organisms, pesticide wastes, chemical fertilizer or any other synthetic chemical compound

2) Ecological products contain a balanced level of bioactive and mineral substances

3) Ecological agriculture preserves environment, animal welfare, favours, biodiversity and helps sustainable development

III) I avoid buying one-use goods that rapidly increase the amount of wastes

IV) I avoid using plastic bags and I use and environmental friendly bags of fabric or paper bags/ other biodegradable materials

V) I avoid buying aerosol products/ aerosol sprays that pollute the atmosphere

VI) I avoid driving my car when going to shopping

ECO-INSTRUCTIONS FOR TRAVELING



- 1) I drive calmly and I don't speed up, observing the speed limit, thus limiting polluting emissions, fuel consumption and noise level***
- 2) Traveling to job, I would rather go by common transportation means and only if strictly necessary by car***
- 3) For short distances, I walk or ride the bike***
- 4) We travel to job/ shopping/ on holidays with our friends/ neighbours/ colleagues by a single car, if possible***
- 5) For longer trips during holiday I would rather go by train or by bus***
- 6) I use the air conditioning in the car only if necessary***
- 7) I avoid parking/ stopping/ camping the car on unsuitable spots***

ECO-INSTRUCTIONS LEISURE



- 1) I keep clean the public spaces and I throw the garbage only in the dedicated spots***
- 2) I wash my car only in dedicated places which are connected to sewage***
- 3) I arrange my garden/green spaces from the front of my house and I plant trees and flowers***
- 4) I wet my garden in the evening without wasting water or I use saved raining water. I wet in the evening because then the evaporation is low***
- 5) I avoid, as much as I can, the using of synthetic chemical products for gardening and I protect the birds nests***
- 6) I immediately inform the authorities about any eco accident or any poaching***
- 7) I respect the natural areas, the habits, the culture, the inhabitants and I choose walking routes in my country or when I travel abroad***
- 8) I fish and I hunt only if I have a permit and I do this only in the specified places and only in the allowed seasons***
- 9) I don't throw or discharge things in the sea water, in lakes or in any water course***